



Why Policies are Important?

Elizabeth Craig, BS, CHES
GMS Activity Coordinator



Why use policies?

- Comprehensive efforts to change health behaviors must foster supportive policies to encourage healthy lifestyles
- Policies set the same standard for everyone at the school



Why use policies?

- They are long term
- Policies stay the same when there is turnover in staff at the school
- Cause behavior change
- CDC recommended
- Help Measure Success in the GMS program

How do policies impact health changes and behaviors?

- Other traditional health promotion interventions focus on changing the behavior of single individuals or small groups of individuals (e.g., by helping individual smokers to quit).



How do policies impact health changes and behaviors?

- Policies and environmental changes can affect the chronic disease risks of many people simultaneously (e.g., by eliminating exposure to secondhand smoke in public buildings)



Steps to Write a Policy

- Review current situation/school policies
 - Where can you find existing school policies?
- Get commitment from SC and Principal



Steps to Write a Policy

- Develop a draft, review and endorse
 - How long does this take?
- Communicate
- Implement



Steps to Write a Policy

- Mentor Role
 - Meet with SC to determine schools current situation and needs
 - Communicate policies to school community
 - Store hard copies of the policies at the school in binder



Steps to Write a Policy

- Mentor Role
 - Turn in drafts on Friday, February 8th
 - Revise policy if necessary
 - Turn in final policies with end-year report on Friday, April 4th



Steps to Write a Policy

- School Coordinator Role
 - Meet with mentor to determine schools current situation and needs for policy
 - Facilitate and attend meetings with the principal
 - Communicate policies to school community



Steps to Write a Policy

- Principal Role Read policies
 - Endorse policies
 - Communicate policies to school community



90 Minutes of Structured Physical Activity Policy Template

The policy must include...

•Intent

- “All 1-6 grade students will receive 90 minutes of structured physical activity each week.”
- “All kindergarten students will receive 45 minutes of structured physical activity each week.”
- “Teachers will use the USOE Physical Education core curriculum.”
- Describe how students receive 90 minutes of PE each week

•Rationale

- Support for this policy.

•Reinforcement

- “This policy will be reviewed each year.”
- Describe how this policy will be communicated to appropriate people
- If there are any consequences to violating this policy they should be listed here

•Principal Endorsement

- Principal's Signature
- Date

90 Minutes of Structured Physical Activity Policy Bronze #1

Intent: Effective August 15, 2004 all students will receive 90 minutes of structured physical activity each week (45 minutes each week for kindergarten) using the Utah State Office of Education's core curriculum. The content of the structured physical activity will include: fitness, motor skill development, social/emotional development, and knowledge of physical fitness.

The physical education program will enable students to:

Achieve and maintain health-enhancing levels of physical fitness,

Apply movement concepts and principles to enhance motor skill development,

Demonstrate competency in a variety of movement forms,

Demonstrate respect for self and others through responsible personal and social behavior,

Understand that physical activity provides opportunities for enjoyment, challenges, and self-expression, and

Apply knowledge using a variety of thinking skills in the physical activity setting.

Recess cannot be counted unless the GMM is being walked; other free time does not fulfill this requirement. Activities such as the USOE Core Curriculum, the GMM, and 5-minute energizers will fulfill this criterion.

Green Meadow Elementary students currently get 60 minutes of structured physical activity from PE classes. In addition to the current 60 minutes the students will walk the Gold Medal Mile once a week (15 minutes) and do 5-Minute Energizers in the classroom 3 times a week (15 minutes total).

Rationale: According to the U.S. Surgeon General, regular physical activity is one of the most important things people can do to maintain and improve their physical health, mental health, and overall well-being. Regular physical activity reduces the risk of premature death in general and of heart disease, high blood pressure, colon cancer, and diabetes in particular.

Schools have a responsibility to help students and staff members establish and maintain lifelong habits of physical activity. Physical activity (PA) in the schools contributes to the total growth and development of all children. PA provides opportunities for students to gain knowledge, skills, and attitudes, which, promote physical activity as part of their everyday lives. The link between physical activity and fitness and higher performance in the classroom has been well documented.

Reinforcement: The principal, PE specialist, and mentor will review the policy at the beginning of each year.

Faculty participation is vital to the success of this policy. Faculty will discuss this policy in the first faculty meeting of the year. Any classes found not routinely participating in 90 minutes of physical education each week will receive a warning from the principal. In addition the teacher will meet with the PE specialist to design a more effective plan for reaching 90 minutes of physical education.



Steps to Write a Policy

■ Approved Policies

- Must include **all** points on template
- District and Wellness policies can pass for a GMS policy if they include everything on the template



Steps to Write a Policy

■ Resources

- GMS Guide
 - ❖ Templates, sample policies
 - ❖ Policy Help folder in Mentor Logistics
- Fit, Healthy and Ready to Learn
- Local Health Department





Steps to Write a Policy

■ Important Dates

- Policy Drafts Due Friday, **February 8, 2008**
 - ❖ Turn in SNAP map and plan on this date as well
- Final Policies Due with End-Year Reports Friday, **April 4, 2008**

Questions?

Elizabeth Craig
ercraig@utah.gov
801-538-9271